<u>CLAIMS</u>

- 1. A wheel rim comprising:
 - (a) a circular band; and
- (b) at least one track located on the circular band capable of being
 operatively coupled to respective ends of at least two spokes.
 - 2. The wheel rim of claim 1 wherein the end of the spokes are capable of sliding relative to the track.
- The wheel rim of claim 1 wherein the track comprises a groove capable of receiving and retaining a plurality of carriages operatively coupled
 to respective ends of the spokes.
 - 4. The wheel rim of claim 3 wherein each carriage is operatively coupled to a threaded end of the spoke(s).
 - 5. The wheel rim of claim 4 wherein each carriage comprises a spoke nipple.
- 15 6. The wheel rim of claim 3 wherein each carriage is operatively coupled to a non-threaded end of the spokes.
 - 7. The wheel rim of claim 6 wherein the non-threaded end of the spokes comprises a hook or flat head.
- 8. The wheel rim of claim 2 wherein the track comprises a bar adapted to retain the end of the spokes.
 - 9. The wheel rim of claim 8 wherein the bar is adapted to retain a hook end of the spokes.
 - 10. The wheel rim of claim 4 wherein each carriage is operatively coupled to a spoke nipple.

- 11. The wheel rim of claim 2 wherein the track comprises an outward extension capable of operatively coupling to a carriage.
- The wheel rim of claim 11 wherein outward extension comprises a T-shape capable of mating with the carriage.
- The wheel rim of claim 1 wherein the track is located on an inner surface of the circular band.
 - 14. The wheel rim of any one of claims 1 wherein the track comprises at least one channel located on each of two opposed side surfaces of the circular band.
- 15. The wheel rim of claim 4 comprising a spacer carriage locatable on the track between adjacent carriages operatively coupled to a spoke nipple.
 - 16. The wheel rim of claim 4 wherein the plurality of carriages are operatively coupled to a strip.
- 17. The wheel rim of claim 4 wherein the plurality of carriages are operatively coupled to the strip by an adhesive.
 - 19. The wheel rim of any one of claims 1 wherein the circular band comprises a channel located on an outer surface adapted to retain a tire.
 - 20. A wheel comprising:

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- 20 (1) a rim comprising:
 - (i) a circular band; and
 - (ii) at least one track located on the circular band;
 - (2) a plurality of spokes operatively coupled to the track and extending inwardly from the rim; and

- (3) a hub located central of the wheel and operatively coupled to the rim by said plurality of spokes.
- 21. A method for operatively coupling a plurality of spokes to a wheel rim, including the step of operatively coupling ends of a plurality of spokes to a track located on an inner surface of a circular band of the rim, wherein the end of the spokes when operatively coupled to the track are slidable relative thereto.
- 22. The method of claim 21 further including the step of operatively coupling the spoke to the carriage via a spoke nipple and operatively coupling the carriage to the track.
- 23. The method of claim 22 further including the step of attaching one or more spacer carriages to the track between adjacent carriages.
- 24. The method of claim 23 further including the step of attaching an opposite end of the spoke not attached to the carriage to a hub.

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